CITY MILE DASH

Marathon race planner

Race morning

Wave: _____ Corral close: _____ Bag drop: _____

Work backwards

Leave home: _____ Arrive: _____ Backup route: _____

Finish and fallback

Meetup landmark: _____ Backup: _____ Goal change trigger: _____

Splits and course notes

Target time

Finish: _____ Average pace: _____ Official cutoff: _____

Cumulative splits

5 km: _____ 10 km: _____ 15 km: _____ 20 km: _____ Half: _____

Second half

25 km: _____ 30 km: _____ 35 km: _____ 40 km: _____ Finish: _____

Aid stations

Location, planned action and fallback: _____

Race debrief

What happened, what did it change, and what will I test next?